

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. MUSHROOM SWISS HAMBURGER Carrot Salad Midwest Baked Beans Peach Crisp Orange Juice Milk	2. ROAST TURKEY w/Gravy Mashed Potatoes Mixed Vegetables White/Wheat Bread Mandarin Oranges Apple Juice Chocolate Milk	3. HEARTY BEEF VEGETABLE STEW White/Wheat Roll Chilled Pears Pineapple Juice Milk	4. OLD BAY CHICKEN SANDWICH Cream of Tomato Soup Pepper Slaw Sliced Apple Snack Pack Milk	5. BAKED PORK CHOP SOUBISE Braised Cabbage Scalloped Potatoes White/Wheat Bread Fruit Cocktail Fruit Punch Milk
8. CHICKEN MARBELLA Yellow Rice Pilaf Green Beans Diced Pears White/Wheat Bread Orange Juice Fruit Yogurt w/topping	9. OPEN FACE SALISBURY STEAKWICH Seasoned Greens Moroccan Chickpea Salad Apple Crisp Grape Juice Milk	10. GRILLED CHICKEN & PASTA SALAD <i>served on a bed of</i> Baby Spinach Tomato Soup Corn Muffin Mandarin Oranges Milk	11. HOT HAM & SWISS SANDWICH Greek Style Salad Steamed Carrots w/Dill Diced Peaches Chocolate Milk	12. POT ROAST OF BEEF w/Tomato Gravy Stewed Cut Vegetables Red Skin Potatoes White/Wheat Bread Mandarin Oranges Apple Juice Milk
15. CHICKEN FAJITAS Pico de Gallo Fiesta Black Beans Cucumber Salad Milk	16. (SL) Sign up by 10/9 BRATWURST w/Peppers & Onions Braised Red Cabbage Mashed Potatoes Waldorf Salad Cake Apple Cider Milk	17. CHEDDAR CHEESEBURGER Cole Slaw Apricot Halves Orange Juice Chocolate Milk	18. TURKEY, VEGETABLE & POTATO STEW Fresh Baby Spinach Salad Corn Muffins Cinnamon Apples Milk	19. TERIYAKI CHICKEN BREAST Vegetable Fried Brown Rice Diced Pineapple White/Wheat Bread Tomato Juice Milk
22. ROASTED PORK LOIN w/Dijon Mustard Sauce Whole Potatoes Diced Peaches Rye Bread Cranberry Juice Milk	23. CHICKEN & BEEF PENNE JAMBALAYA Steamed Baby Carrots White/Wheat Bread Peach Crisp Fruit Punch Milk	24. MAPLE GLAZED HAM Seasoned Greens Mac & Cheese Broccoli Slaw White/Wheat Bread Pineapple Juice Chocolate Milk	25. SPAGHETTI and MEATBALLS Romano Blend Vegetables Mandarin Oranges Moroccan Chickpea Salad White/Wheat Bread Fruit Juice Milk	26. VENETIAN CHICKEN BREAST w/Tarragon Shallot Cream Sauce Seasoned Red Potatoes Wax & Green Beans White/Wheat Bread Cinnamon Applesauce Orange Juice & Milk
29. OPEN FACE TURKEY SANDWICH Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup Milk	30. BEEF STROGANOFF Buttered Noodles Mixed Vegetables Tropical Fruit White/Wheat Bread Apple Juice Milk	31. CURRIED CHICKEN w/ Pineapple & Raisin Salad <i>served on a bed of</i> Baby Spinach Multi Bean Soup Hot Cinnamon Apples Dilled Baby Carrots White/Wheat Bread Chocolate Milk	MEAL RESERVATION PROCESS: To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. TWO (2) working days in advance. To order a meal designated as a "Special Lunch" (SL) (Oct. 9th), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. FIVE (5) working days in advance. If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk. Vegetarian lunch option is available; Please see the front desk for details and to sign up.	

Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$2.25 is the requested minimum donation. Under Age 60: There is a \$4.00 charge for lunch. All meals are catered by Business Food Solutions, Inc.

Barry Glassman
Harford County Executive

Amber Shrodes
Director
Dept. of Community Services

Office on Aging
Harford County Department of Community Services
www.harfordcountymd.gov 410.638.3025

